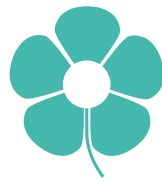


Your Hospice



Heart
of Kent
Hospice

30 years of
caring
together
1991 - 2021

News and updates
October 2021

2021 marks three decades of providing compassionate care



inside

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raises hundreds of thousands of
pounds for our Hospice

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THANK-
A-THON

Thank you for
all you do,
you're
amazing!

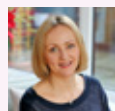


30 years
THANK
YOU

You're the
reason
we can
care



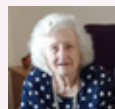
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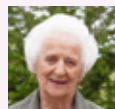
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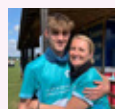
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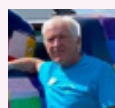
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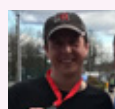
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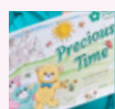
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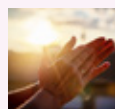
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Your Hospice

is your newsletter and we want to hear from you!

Now more than ever we'd like to hear about your experience of our Hospice and the many inspirational ways that you are supporting us. We want to feature your stories and feedback, so please email or call us.

Contact us

Enquiries 01622 792200 | enquiries@hokh.co.uk

Fundraising 01622 790195 | fundraising@hokh.co.uk

Heart of Kent Hospice, Preston Hall,
Aylesford, Kent ME20 7PU

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If you would like to change the way you hear from us or would like to unsubscribe, you can do this at anytime by emailing preferences@hokh.co.uk or calling the fundraising team on 01622 790195. For a copy of our full privacy statement outlining how all the data collected by the Hospice is stored and used, please visit our website or contact preferences@hokh.co.uk to request a printed copy.

Your donations are already making a difference.

Did you know Gift Aid can make them go even further!

How to Gift Aid

If you would like to Gift Aid your donations, you can, by:

- ticking the Gift Aid box when you make an online donation via our website.
- downloading our Gift Aid declaration form from www.hokh.org/resources and returning your completed form by emailing it to fundraising@hokh.co.uk or posting it to Gift Aid administration, Heart of Kent Hospice, Preston Hall, Aylesford, Kent, ME20 7PU
- calling **01622 790195** to make a declaration over the phone.

If you have donated previously, but didn't Gift Aid, don't worry you still can. Simply download or request and complete our Gift Aid declaration form and send it back to us. This will allow us to claim Gift Aid on the past four years of your donations.

Once you've made your declaration, please remember to let us know of any changes to your tax status, including changes to your name or address.

Welcome to this special edition of Your Hospice newsletter as we celebrate our 30th anniversary!

It brings me great pleasure to welcome you to this issue of Your Hospice, my first edition as Interim Chief Executive. Your Hospice forms part of our continued commitment to keep you updated about the work we do. I am delighted in this edition to share with you news from around the Hospice as we are marking 30 years of care in our local community.

We are only able to celebrate our 30th anniversary, thanks to every person who has contributed to making our care possible. This contribution stems back over 30 years and continues now on a daily basis. On behalf of the thousands of patients and families that we have cared for over the last three decades, I would like to thank all of you for your continued support. As a local charity we are here for our community and because of our community. So, here's to the next 30 years!

This week marks Hospice Care Week, which is an annual activity week to raise the profile of hospice care across the UK. During this week we are taking the time to thank the people who make what we do possible. You can read more about our Thank-a-thon on page 15.

Of course, there have been many highlights this year, but the success of Elmer's Big Heart of Kent Parade has been remarkable. The free, family-fun art trail animated the streets and parks of our County town this summer. It thrilled everyone, young and old and it was fantastic to see how happy our 82 sculptures made people. This was followed by the Farewell Weekend which was extremely well attended. The trail concluded with the auction, and I'm overwhelmed by the kindness and generosity we received. The night raised hundreds of thousands of pounds to help fund our Hospice.

Equally as important, the trail, Farewell Weekend and the auction created opportunities for us to raise awareness of the options that exist for hospice care in our local community, and highlight that we are here to help at one of the most difficult times in people's lives. Please go to pages four

and five to read about the amazing success of Elmer's Big Heart of Kent Parade and the level of engagement it achieved.

The support we receive means that we can continue to be there for local people. We are very grateful to Ian who shares openly how he was overcome by the amount of support our Hospice Community Team provided. On page six you can find out more about how they provided comfort to Ian and his family by being there every step of the way.

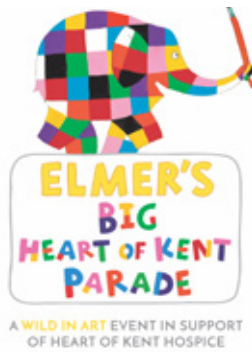
Our Hospice is such an incredible place and it's an honour to be given the opportunity to play my part by working alongside Hospice colleagues, volunteers and the local community to continue developing and expanding our services to help more people.

With very best wishes,

Rachel Street
Interim Chief Executive



Our Elmers created a summer of colour and fun



Did you see any of the uniquely colourful Elmer sculptures dotted across Maidstone this summer? Over a period of nine weeks, 51 large and 31 small Elmers filled the town centre, river path and parks of Maidstone with an array of colour and creativity. Children, adults and even pet dogs enjoyed spending time outdoors, exploring new and familiar areas of the County town and importantly making lasting memories.



These special Elmers brought David McKee's popular children's character Elmer the Patchwork Elephant to life and formed Maidstone's first-ever art trail. The Parade was our Hospice's biggest ever fundraising and raising awareness event, and was a collaboration between Heart of Kent Hospice, Wild in Art, Andersen Press and Presenting Partner Westerhill Homes.

"Thank you for putting the light and excitement back into children's eyes"
Gabby — Dartford

"Thank you for raising awareness of this wonderful charity. Thank you so much to all the helpers and volunteers. My kids and I love the Elmer trail. It has been a huge hit this summer. Thank you."
Elmer explorer

Parade highlights!

We estimate that tens of thousands of people visited the Parade over the nine weeks of the trail!

We had visitors to the trail from as far afield as Suffolk, Sheffield and Newcastle

Over 40 local businesses signed up as Official Parade Partners and Sponsors and a further 21 joined the Parade as Friends of Elmer

41 local and national artists designed and painted 51 large Elmers

31 local schools and community groups designed and painted 30 small Elmers

One very special small Elmer was designed to match a book published by our Heart of Kent Hospice Social Worker, written specifically for children dealing with a loss of a loved one

Over 2,750 volunteering hours were gifted to the Parade by our volunteer Trailmakers — 40 were new volunteers to Heart of Kent Hospice

10,372 people downloaded the free Parade app

383,548 sculptures were collected on the app

11,208 people voted on the app for their favourite Elmer

216,019 rewards were collected

A distance of 19,302 miles were walked!



Thank you

We would like to say a big thank you to everyone who came. Thank you to our Presenting Partner Westerhill Homes, all Artists, our Learning Herd schools & community groups, our Finally, thank you to you for

Our Elmers found their new forever homes and raised £312,750!



Memorable moments of the night!

All 52 Elmers found new forever homes

Over 200 people attended our auction on the night

Elly-do, Elly-don't, Elly-dancel raised the most, with the winning bid reaching a staggering £15,500!

Our Elmers have gone international - one is on its way to Spain and another going across the Atlantic Ocean to America!

Our small Patchwork Elmer raffle winner was drawn on the night - congratulations to Gemma from East Farleigh



On Thursday 9 September, all 51 large Elmers, plus a surprise blank Elmer sculpture, were auctioned off at the Mercure Maidstone Great Danes, by renowned auctioneers Clive and James Emson. The auction was a very special evening, which saw a frenzy of bidding taking place both in the room and via telephone.

We showed a very special video on the night. Nicola spoke about the care Ben her husband and family received from the Hospice, and how this summer she completed the trail with her children in Ben's memory.



We are now supporting more people than ever and all the money raised from the Parade and auction will enable us to continue to grow and extend our reach so that everyone living with a terminal illness in our community can have the best quality of life, for as long as they live.



Brought to you by



ANDERSEN PRESS

Elmer© 2021 David McKee. Licensed by Andersen Press, London.

Official Presenting Partner



The Hospice cared for all of us



At Heart of Kent Hospice we help and support anyone in our local community living with a terminal illness. Now, we are helping over 900 people with terminal illnesses to live comfortably in their own homes.

When Ian's mother, Mary, was referred to Heart of Kent Hospice, he was surprised by the range of support we offered. "I couldn't believe that there were so many services and so much support available from the Hospice Community Team," says Ian. "Their support includes community nurses and different teams that help people to stay at home."

Mary was diagnosed with skin cancer in the summer of 2015. After a series of different treatments, the cancer came back aggressively at the end of 2019. At this point, the consultant referred Mary to Heart of Kent Hospice. "When you hear the word 'Hospice' it comes as a real shock. But I found out a Hospice was not what I thought it was at all! People think that a Hospice is just somewhere people go to die, but it is much more than that. It's an amazing organisation that none of us really understand until we have involvement with it," says Ian.

Ian did not live locally to his mother and found it a very stressful and worrying time. "Being located a distance from my mum meant I was worrying about her 24/7. The Hospice Community Team were always there to help," recalls Ian.

In the early days, Ian relied on the Hospice Community Team for advice and guidance, but as his mum's illness progressed the team became a lifeline.

"The team helped me with practical advice, such as a care plan and referrals to other agencies, but they also provided me with much more. They gave me emotional support; it was so reassuring to know that there was someone at the end of the phone who would listen and help."



Ian's son Rob, Mary and Ian.

"The team were an advocate for Mum, they helped us access the right support at the right time. Without them, the situation would have been much more distressing for Mum and for me."

Ian is incredibly grateful to the Hospice Community Team for their support. With their help, Mary remained in her own home until she died in April this year.



Light up a Life

The Friars,
Aylesford Priory,
Sunday
5 December,
4:30pm.

Our annual Light up a Life service is one of the most meaningful activities in our Hospice calendar.

Remembering precious times spent together

We know that for many of you Christmas can be a lonely and apprehensive time, filled with mixed emotions. This might be your first or thirtieth Christmas without your loved one by your side and we want you to know that we are here to help and support you through the festive period. Together, we want to help you to remember times gone by and to keep at the forefront of your mind the moments that you shared together and the lights that filled the room.

Our Light up a Life Appeal, gives everyone in our local community the chance to remember their loved ones with light and love, and to give thanks for the compassionate care that the Hospice continues to deliver in this, our 30th anniversary year.

To make your own dedication and donation in memory of a loved one please visit our online dedication page, hokh.light-up-a-life.org, where you can leave a message and post a picture. To make a dedication and donation over the telephone call **Claire Ashby** on **01622 795695**.

When you choose to remember the life of your loved one as part of our Light up a Life Appeal you are helping us to continue to care for patients and their families in your local community, this winter, offering them comfort and reassurance at what can be one of the darkest times in their lives.

We invite you to join us for a service of remembrance and reflection, to light a candle and dedicate a star in memory of your loved ones at The Friars, Aylesford Priory, on Sunday 5 December, at 4:30pm.

From the moment that you arrive at The Friars you will find a tranquil and calm setting, joining others who are remembering their loved ones and coming together to share stories and moments of quiet reflection, whilst listening to beautiful seasonal music and readings.

RSVP – Let us know you're coming.

We are carefully monitoring national and local guidelines and ask that if you would like to attend please let us know, so that we can keep you updated on our plans if we need to make changes.

The service will be recorded and available to watch afterwards on the Hospice website and social media channels.

If you would like to come along to our Light up a Life service, please call Claire Ashby, Supporter Care Manager, on 01622 795695 or email claire.ashby@hokh.co.uk to reserve your place.

"Memories are like candles; they burn eternally to brighten our dark moments." Moutusi Bagghi



The journey so far, looking back with Lady Monckton

3  years of caring together
1991 - 2021



As we celebrate our 30th year, one of our longest serving members, Lady Monckton reflects on her time as Patron.

"I was invited to support the Hospice over thirty years ago by the Wishing Well Appeal Organiser, Molly

Poulter. As an Army wife, I was involved in several charities supporting the Armed Forces, including being on the SSAFA (Soldiers, Sailors, Airmen and Families Association) Kent Committee. Beyond that I had a young family growing up. When I was asked if I would support the Hospice, I said I was happy to help where I could.



"It was around the time I invited Diana, Princess of Wales, to officially open the Hospice that I was asked to be Patron. I was surprised and honoured to be asked and I still feel privileged to this day."

As someone who has been an integral part of the Hospice for its three decades, Lady Monckton has seen many changes: *"Compared to when the Princess visited when we were very small with only four inpatient beds, we have burgeoned over the years. The Hospice now has ten inpatient beds and offers a lot of outpatient services including physio and occupational therapy. We support hundreds of patients in the community and their families, and also offer welfare, bereavement and spiritual support. The team are spectacular - absolutely fantastic at what they do."*

"In 1992 we opened our first charity shop in Maidstone and now we have 14 charity shops. Over the past thirty years we have extended and refurbished our original building, we have a café, we have Magnolia Place where patients come in for therapy and companionship. You name it, we do it."

Lady Monckton reserves most of her admiration for the people who have helped the Hospice become what it is today: *"I am very proud and humbled by the dedication of all the colleagues and the hundreds of volunteers. We couldn't exist without the massive number of volunteers throughout the county - in our shops, helping in the Hospice itself, on reception, in the café, generally being to hand. They are absolutely selfless and wonderful."*



She goes on to praise the local people and organisations who have supported the Hospice and taken it to their hearts.

Asked about her Hospice highlights, Lady Monckton goes back to the beginning: *"Well, getting it off the ground in the first place I think, and having the Princess officially open it gave it a great boost because it brought local interest to the Hospice."*

Lady Monckton is very positive about the next 30 years, she says: *"One always has to look forward to try to see what else is needed and what more we can do. I don't know what the next big thing would be, but our prime role is to give 100 per cent service to our present activities and not let up at all in our efforts to look after the wellbeing of our patients."*

or maybe you've given the gift of time as a volunteer, or you have taken part in a fundraising event.

To share your special memory, email marketing@hokh.co.uk or write to:

Jenny Lloyd, Heart of Kent Hospice, Preston Hall, Aylesford, Kent, ME20 7PU

Share your special memory

To help with our anniversary celebrations we want you to share your memories of our Hospice. Whether this is a story, a picture, or a video, we'd love to hear from you during our special year.

Perhaps you or a loved one received our care,

If you or someone close to you needs our support, see what care and help we provide at www.hokh.org or call 01622 792200.

The Big Jump

Celebrating Heart of Kent Hospice's 30th anniversary

Meet our Skydivers

The Bedfont Team -
Amber Kirk, Ryan Lewis, Katie Gordon, Amy-Leigh Buckley, Thomas Vince-Drew, & Hannah Vince-Drew.

Jemma & Morgan Hill
Vanessa & Barnaby Brown
Ella Waghorn
Craig Parris

Meet our Wing Walkers

Natalie Flitton
Kelsea Parris
Arthur Bell
Emma Greenwood
Katrina Farrell
Amanda Stevens
Zoe Murray
Julie Feeney
Helen Russell
Harry Wright
Deidre Steele

From everyone at Heart of Kent Hospice to everyone that took part in the Big Jump, congratulations and a very big thank you. Collectively you have raised a whopping £19,051.

You're all amazing!

Meet our highflyers!

This year, as part of our 30th anniversary celebration, we reached new heights with a special skydiving and wing walking event. The 'Big Jump' on Sunday 15 August, saw 23 brave and intrepid Hospice supporters jump out of or stand on the wing of a plane.

Congratulations to everyone for conquering their fears or completing their next adrenaline activity and thank you for helping to fundraise for our Hospice.



Ella Waghorn



Bedfont Team



Helen Russell on the wing

Left - right
Harry Wright,
Amanda Stevens
and
Emma Greenwood

Meet Vanessa and Barnaby, the mother and son team who decided to do the jump together.



"We did the skydive in memory of my dad," says Vanessa. In 2004, when Vanessa was pregnant with her first son Barnaby, her father sadly lost his battle to cancer. She warmly recollects how her Dad and the family received great care and support from Heart of Kent Hospice's team. *"The support we received as a family is something I will never forget. The Hospice really helped us all."*

Vanessa's day job is graphic designing - she works with the Hospice creating posters, newsletters and promotional material. *"As I was designing the skydiving poster, I just thought, this is the year to do it! 2021 is a very special year for us - it would have been my parent's diamond wedding anniversary and I turn 50! Plus, Barnaby turns 18 next year. So, there are a lot of landmark dates!"*

Initially, Vanessa didn't feel too nervous but as the day loomed closer nerves began to set in. *"I went through a huge range of emotions in the build-up to the jump. But in the final week before, it really hit home. I had restless sleep and lots of strange dreams. Even fearless Barnaby started to feel nervous!"*

What kept her going was the support of friends and family. *"It was lovely to receive encouraging messages from the people who donated. It really spurs you on. Lots of people have been touched by cancer in some way."*



**Our next
WING WALK DAY
is 16 JULY, 2022**

If you feel inspired and want to find out more about our challenge events, please visit www.hokh.org/support-us/events or call Emma Greenwood, Community Events Fundraiser on 01622 795692 or email emma.greenwood@hokh.co.uk

The joy of volunteering

"I've made some great memories and had some fantastic times helping out with the Hospice's work."

Bill Seymour threw himself into volunteering for the Hospice after his wife died in 2018. Along the way, he's had some fun, fascinating and heart-warming experiences.



"My wife spent seven weeks in the Hospice. Everyone there was amazing - the nurses, the carers, the cleaning staff, the consultants. After she passed away, I had the worst six months of my life. I needed to do something and my daughter suggested volunteering."

Bill filled in the Hospice's form and initially volunteered with the Fundraising Team.

"I was asked to help with the Christmas Fayre. The Hospice team recognised my inner snowman and dressed me in a snowman costume. I had a great time greeting everyone coming into the Fayre."

Helping out the Fundraising Team has taken Bill to all sorts of interesting places, from Allington Castle to the homes of local and national artists. One of the volunteering highlights for Bill has been chauffeuring Elmer the Patchwork Elephant around Kent, to different events, locations and schools.



Could you give the gift of time like Bill?

Bill really enjoys his volunteer work because he feels like he's making a contribution and giving something back.

"Helping out the Hospice gives me self-esteem and a rosy glow. There are so many opportunities. You meet new and interesting people and you're always appreciated."

When the pandemic hit there were fewer chances to get out and about, so Bill became involved in the Hospice's Compassionate Neighbours project.

A Compassionate Neighbour is a trained volunteer who is carefully matched to a community member who is experiencing loneliness or social isolation, to offer friendship and a listening ear.

"I completed my training online via Zoom and was given the details of a person to call. I regularly talked to him and also his wife. After he died, I was incredibly touched to be asked to go to his funeral."

Bill thinks he can empathise with the people he contacts because he has been through that journey himself.



Bill visiting Ginny with Elmer

"The Compassionate Neighbours project allows you to spread a little sunshine into someone else's life. Another lady I supported really wanted to

see Elmer, but unfortunately when Covid restrictions eased she was not mobile anymore. So, one day when I was driving Elmer around, we made a quick detour and took Elmer to meet Ginny in her home!"

See how you can help make a difference

The support we get from our volunteers who generously donate their time is vital to the daily running of Heart of Kent Hospice. They help and support us in a variety of settings: our clinical services, fundraising, family and bereavement support, maintenance, gardening, administration and all our 14 charity shops.

Whatever you're doing and however much time you can commit, there's a volunteer role for you. To find out more, come along to one of our volunteer recruitment events.

Sat 9 October 10:00am, Tue 9 November 10:00am,
Sat 8 January 10:00am and Thurs 24th February 5:30pm.

To book your place email volunteers@hokh.co.uk or visit www.hokh.org/support-us

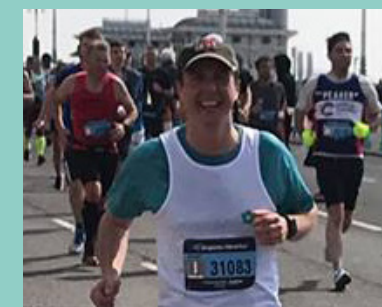
To find out more about the volunteering roles we have available, please visit our website www.hokh.org/support-us or email volunteers@hokh.co.uk

A special challenge in a special year



Running the London Marathon was a burning ambition for Simon, so he was thrilled when his application to run it for us this year was accepted.

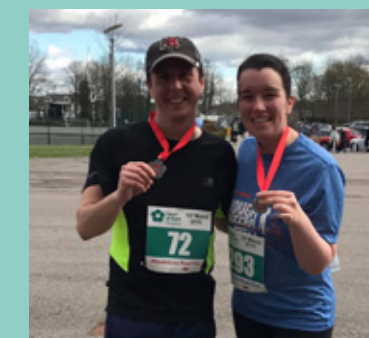
"It's been my ambition to run the London Marathon for a long time and this year couldn't be a more poignant one. My mum, Helen, was cared for by the Hospice a few months after it opened in 1991. It felt right to run the Marathon in their 30th anniversary year."



Even though he was only four years old when his mum was in the Hospice, he can remember visiting her there. *"I remember the Hospice was a good place to see her in, a much nicer environment than the hospital. Our family was always well looked after; they do a brilliant job there."*

Simon has been involved with the Hospice's fundraising activities all his life. *"Supporting the Hospice has been part of my life for as long as I can remember. My Grandma was closely involved with Hospice events, like coffee mornings. I remember coming to stay with her and going to the Hospice together. It's the closest charity to my heart."*

Running has also been a part of Simon's life for a long time. He has always jogged for fitness, but he started running seriously a few years ago. *"My first competitive run was the Dartford Half Marathon, which my wife Alison and I completed together in aid of the Hospice. Then three years ago I ran the Brighton Marathon."*



"We raised over £500 in Dartford and £3,000 in Brighton and I'm hoping to raise even more this year!"



We're here to support you...

We are here to support you to make your fundraising as successful as possible. We've recently launched a fundraising pack full of tips, advice and inspiration. If you're looking to organise your own event or set up a fundraising page, our pack will guide you through the process. Check out the A-Z of fundraising ideas and downloadable materials such as different posters, a sponsorship form and much more.

To view our fundraising pack, visit www.hokh.org/support-us/organise-your-own-fundraiser



You can get in touch with our Heart of Kent Hospice Fundraising Team by emailing fundraising@hokh.co.uk or calling 01622 790195.

Helping children and families talk about terminal illness

Heart of Kent Hospice is celebrating the launch of a new book written by our Social Worker Lyndsey Stukalov-Stone. This unique book is written for children who are dealing with the terminal illness of a loved one.

Through her work at the Hospice, Lyndsey recognised a need for a tool that would help families to have difficult, but essential, conversations about dying.

"It is incredibly important that children are brought into the end-of-life discussion. I wanted to create a resource that would give adults the confidence to have those difficult conversations with children. This book opens the door to have an honest conversation about terminal illness," explains Lyndsey.

The book is aimed at primary school aged children and uses language they can understand. A narrator carefully guides the reader through a conversation about terminal illness and death. *"This is a pre-bereavement book, dealing with anticipatory grief. The idea is that an adult reads through the book with the child. Going through it together opens up questions and gives the child an opportunity to talk about their feelings,"* says Lyndsey.

The book has been beautifully illustrated by Vanessa Brown, a graphic designer with a strong connection with our Hospice (read about Vanessa's story on page nine), to appeal to young children. Covering a wide range of topics including what happens to a body when it dies, the book discusses the feelings of anxiety and jealousy that children in this situation often experience. It also tackles common misconceptions and myths that surround death.



Precious Time

The book reflects the ethos of Heart of Kent Hospice, which aims to provide support, comfort, warmth and even laughter. *"Central to our care is support for both the medical and mental health of patients and their families. We aim to provide palliative care that helps people to live the best lives possible. This means we look at all avenues of care, including psychological care and social issues,"* explains Lyndsey.

"Families are surprised at the facilities we have here. There is a family room and a dedicated space for therapy with families and children. We tailor our support to meet the individual needs of the family."

So far, feedback from families has been incredibly positive and other Hospices have expressed an interest in using the book in their work too. Lyndsey says, *"I hope that this book helps to break down barriers. There is no other book out there addressing this topic in this way. It delivers information in a clear and age-appropriate way, helping children to open up and talk about their feelings. It is vital that children are involved early on in the process so that they can access the right support to help them through this difficult time."*



The book is available for free to any family under Heart of Kent Hospice care. The book is also available to buy online at www.hokh.org/caring-for-you/bereavement-support

We've got your Christmas shopping all wrapped-up!

There's a gift for everyone at our charity shops both online and in-store this Christmas. Whether you're looking for decorations, cards, stocking filler presents or that extra special gift - we have it covered!

All 14 of our shops will be stocked full of fabulous Christmas items at bargain prices and the amount of choice available will be amazing. Rest assured you'll be able to find gifts for the people on your list who have everything. We have new items, often unwanted gifts that have been donated to us, jewellery, unopened beauty products and good quality toys for the children.

As you visit our shops in mid-November, be sure to look out for the festive window displays. Our shop teams pull out all the stops to create the magic of Christmas for their customers.

Heart of Kent Hospice Christmas cards for 2021

Purchase our new range of Christmas cards, which offer 16 festive designs. Our Christmas cards are available in all our shops and online at www.hokh.org. All cards are supplied in packs of ten with envelopes. Note, the last day for posting Christmas cards to ensure that your loved ones receive your cards on time, by Second Class post, is Friday 17 December.



The perfect Secret Santa gift!

When it comes to buying a Secret Santa present, you might be searching for novelty gifts, but what about giving a Heart of Kent Hospice Christmas Superdraw ticket! The top prize is £2,000, 2nd prize £100 plus 10 prizes of £20. Tickets cost just £2 and can be bought in all our charity shops and online at www.hokh.org/support-us/christmas-superdraw from Monday 4 October.

Note the draw takes place on 20 December, 2021 and players must be aged 18+.



Back by popular demand our Unity Mitten Christmas tree decorations!



The beautiful Unity Mittens have been lovingly knitted by an army of more than 180 Hospice supporters. No two pairs are the same! The Unity Mittens will be available to buy in all our charity shops and online at www.hokh.org/support-us/unity-mittens from 17 November for £3 per pair.

Give a gift to be cherished

A Heart of Kent Hospice virtual gift is a unique and wonderful present. Choose from a selection of truly heart-warming gifts that will enable local families to make the most of their short and precious time together. To purchase your gift visit www.hokh.org/support-us/buy-a-virtual-gift and you will receive by email a downloadable gift certificate that can be printed and given to your loved one.

Thank you for shopping with us

By shopping with Heart of Kent Hospice in our charity shops or online, you are helping us to provide care and support to everyone in our community living with a terminal illness and their families.

Exciting news: We're moving!

Our shop in King Street, Maidstone is moving to a new location not too far away. We close our doors on 9 October. Come and visit us at our new shop, The Mall Maidstone, Upper level, opposite T.J.Hughes, from late October.

For further information about our shops and our Christmas opening times visit www.hokh.org/support-us/support-our-shops

Join us for our Christmas events and festive celebrations

This Christmas we have some lovely events for you to choose from. If you're looking for festive fun or to make a start on your Christmas preparations, then look no further. There is something for everyone. We ho-ho-hope you can join us.

NOVEMBER

Christmas Wreath Making Workshops

Coming soon this November!

Discover your floristry skills and join us at one of our Christmas Wreath Making Workshops where you will be shown how to make a beautiful Christmas wreath for your home. All materials are provided. The workshop lasts for two hours. If you are interested in coming along, please register your interest by emailing karen.newton@hokh.co.uk



DECEMBER

Christmas Fayre

Sunday 5 December 10:00am - 3:00pm

Downswood Community Centre, Chiltern Close, Maidstone, ME15 8XG

Christmas fun for all the family including Santa's grotto, children's activities, handmade crafts and gift ideas. Browse the stalls, enjoy a cuppa and some homemade cake.



Entrance: Adults £2 donation and children enter for free.

West Malling Carol Concert

Wednesday 15 December

7:00pm - 9:00pm, doors open: 6:30pm

St Mary's Church, West Malling ME19 6NE

West Malling Carol Concert is an annual event, which delivers the true spirit of Christmas to the community. Hosted by Peter Brice and his Vox Cantium Choir it promises to be a lovely evening of Yuletide music with carols old and new, readings and plenty of audience participation. Booking is not required; all we ask is that you kindly make a donation to Heart of Kent Hospice with the reference WMCC.

To donate visit www.hokh.org/donation



Christmas tree recycling

Book your collection online from Saturday 20 November 2021

Heart of Kent Hospice is taking the hassle out of recycling your real Christmas tree by offering to pick it up from your doorstep in return for a donation. Using a fleet of vans and volunteers, the Hospice will be collecting from residents within the boroughs of Maidstone and Tonbridge & Malling on Friday 7, Saturday 8 and Sunday 9 January, 2022. Trees will then be recycled. To find out if we are collecting in your postcode area visit

www.hokh.org/support-us/events/christmas-tree-recycling

With all our upcoming events we will be following the latest government covid guidance.

Events coming up in 2022

Every pound we raise at our **HOSPICE EVENTS** helps local patients and their families

JAN-U-FIT

Back for 2022 is Jan-U-Fit!

We'll be inviting you to run, walk, row, swim or cycle your way to a fitter you in January 2022 at the same time supporting your local Hospice. To be a 2022 Jan-U-Fitter you simply need to set your goal, decide on your fitness activity and then plan how you are going to achieve it.

Bluebell Walk

Save the date - Sunday 1 May, 2022!

We are thrilled to announce that our annual flagship fundraising event the **Bluebell Walk** is back on our events calendar for 2022. On Sunday 1 May, 2022 we look forward to inviting you to walk with us through beautiful Harrietsham when all the Bluebells have burst into bloom.

Our 2021 THANK-A-THON

This Hospice Care Week we're taking the time to thank the people who make what we do possible - you!

Your generosity means we can be there for terminally ill people and their families when they most need our specialist care and support. Since we opened our doors in 1991, we have cared for over 50,000 people – patients, carers and their families.

Rachel Street, Interim Chief Executive for Heart of Kent Hospice, said: "This is a very special week, where the whole Hospice takes the time to say 'thank you' to our local community; our individual and business supporters, Charitable Trusts, volunteers, trustees, suppliers and colleagues and to celebrate their contribution.

"We've chosen this week to coincide with Hospice Care Week and want to show you our appreciation. Looking back from when we first opened, through to today, where we are now supporting over 900 local people, it is only your support that has enabled us to grow and be such an integral part of the local community."

We just want to say ... Thank you

Thank you for giving to our Hospice in memory of your loved ones. Your kindness keeps their memory alive and enables us to provide compassionate care to more families.

Our event and challenge fundraisers, community groups and schools never cease to amaze us. Your energy, innovation and commitment is admired by us all at the Hospice. You are all marvellous fundraising heroes – thank you!

Thank you to all the local businesses that have connected with us and generously volunteer their time, donate their services or products and give financial support. We feel privileged to be part of such a supportive and loyal business community.



Thank you to all the Charitable Trusts, parish Councils and other grant-giving organisations for their generosity in supporting our services.

Thank you to you, our Friends at Heart, who make a regular donation to our Hospice and enable us to plan for the future.

Thank you to you, our weekly lottery players and our Summer and Christmas Superdraw players – you provide an invaluable income to our Hospice.

Thank you for donating and shopping across our 14 charity shops and eBay shop – not only are you helping the environment with sustainability, but you're supporting our vital retail operation.

Thank you to our amazing volunteers who help across the Hospice and make an incredible difference, from giving the gift of time in our shops, to helping on our Inpatient Unit. We truly could not do what we do without you!

The ongoing kindness and generosity we receive each and every day, means so much to our patients and their families and we are so grateful. Thank you for your continued support. It really means a lot to us!

You're the reason we can care.

To book a place or to find out more about any of our Hospice events, please visit www.hokh.org/support-us/events

Just £1
to play
& help



Play, make our day and yours!

Play & support us!
Visit
[www.hokh.org/
support-us](http://www.hokh.org/support-us)

Weekly prizes drawn every Friday!

- ★ £1,000 guaranteed winner
- ★ Rollover prize of up to £10,000*
- ★ £50 guaranteed winner
- ★ Plus, 20 guaranteed prizes of £10!

Thank you, you're the reason we can care.

*Unsold numbers are added to the draw for the rollover prize each week. This prize is won if a sold number is picked, or rolled over if an unsold number is drawn. If unsold numbers are continuously picked, the rollover could build up to an amazing £10,000 jackpot!

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